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Companies are expressing their opposition to Trump's immigration orders. 4

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OBAMA DISAGREES WITH RELIGION DISCRIMINATION

1 Barack Obama is heartened by the political activism he sees across the country and disagrees with discrimination against people based on their religion, a spokesman said on Monday. Kevin Lewis, a spokesman for Obama, said the former president who left office 10 days ago "fundamentally disagrees with the notion of discriminating against individuals because of their faith or religion." "Citizens

exercising their Constitutional right to assemble, organize and have their voices heard by their elected officials is exactly what we expect to see when American values are at stake," Lewis said. He said Obama was "heartened by the level of engagement taking place in communities around the country." REUTERS

TRUMP EXECUTIVE ORDER TO SLASH REGULATIONS

2 President Donald Trump signed an order on Monday that will seek to dramatically pare back federal regulations by requiring agencies to cut two existing regulations for every new rule introduced. Trump's latest executive action will prepare a process for the White House to set an annual cap on the cost of new regulations. For the rest of fiscal 2017, the cap will require that the cost of any additional regulations be completely offset by undoing existing rules. "There will be regulation, there will be control, but it will be normalized control," Trump said as he signed the order in the Oval Office, surrounded by a group of small business owners. Trump, a businessman turned politician, campaigned on a promise to reduce federal regulations that he said burdened American businesses. REUTERS

GEORGE H.W. BUSH RELEASED FROM HOSPITAL

3 Former U.S. President George H.W. Bush, 92, was discharged on Monday from a Houston hospital where he was treated for more than two weeks after developing pneumonia, a spokesman said. "He is thankful for the many prayers and kind messages he received during his stay, as well as the world-class care that both his doctors and nurses provided," spokesman Jim McGrath said in a statement. Bush, the country's oldest-living ex-president, was released from Houston Methodist Hospital, where he was admitted on Jan. 14 while experiencing shortness of breath. He had been working with physical therapists to build strength before his release, McGrath said. REUTERS

PROTESTS CONTINUE

5 Senate Minority Leader Chuck Schumer (2nd R), and House Democratic Leader Nancy Pelosi (C), speak alongside other members of Congress as demonstrators protest against President Donald Trump and his administration's ban of travelers from seven countries by executive order, during a rally outside the U.S. Supreme Court in Washington, D.C., on Monday. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

US: IRAN TESTED MEDIUM-RANGE BALLISTIC MISSILE

4 Iran on Sunday carried out a test launch of a medium-range ballistic missile that exploded after 630 miles, a U.S. official said on Monday. The official, speaking on the condition of anonymity, said the test was carried out from a site near Semnan, which is east of Tehran. The official added that the last time this type of missile was test-launched was in July 2016. The White House said it was aware that Iran had tested a missile. "We're looking into that. We're aware that Iran fired that missile. We're looking into the exact nature of it, and I'll try to have more for you later," White House spokesman Sean Spicer said during a press briefing. It was not immediately clear whether the test launch violated a United Nations Security Council resolution. REUTERS

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ALEXIS SACHDEV, WEB REPORTER

On Jan. 30, 1948, Mahatma Gandhi was assassinated, bringing to an end the life of a man who dedicated himself to freeing India from British rule by promoting methods of peaceful, nonviolent protest. Today, Gandhi continues to stand as a force for political change and as a spiritual pillar. Here are 13 Gandhi quotes to inspire you to change the world: **metro.us/international**

PLAY TO WIN $100!

Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. Congrats to last week's winner, **Dinorah Balthazar from New York City.**

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Businesses show opposition to Trump immigration ban

President Donald Trump. GETTY IMAGES

A popular brand's opposition to the president's immigration orders carries the risk of consumer backlash, says a marketing professor.

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Starbucks says it will hire 10,000 refugees in the coming years.

Google says it has started a $4 million "crisis fund" to defend its employees.

And the ACLU announced that over the weekend it raised six times the amount of money it usually does in an entire year.

While President Donald Trump's actions to build a wall along the Mexican border and ban refugees from entering the U.S. have sparked protests around the world, they have also prompted businesses to pledge millions of dollars to protect their workers, and ordinary Americans to open their wallets to support immigrant advocacy groups.

From a marketing standpoint, companies taking a stand against Trump's immigration orders are taking a calculated risk.

"Obviously, there is a concern about the issue of backlash," said Professor David Griffith, chair of the Department of Marketing at Lehigh University in Bethlehem, Pennsylvania. "We're seeing greater consumer activism. Consumers are becoming more reactionary."

Griffith points to the negative reaction to Starbucks' announcement about hiring refugees. A group of Twitter users objecting to the company's position started a #BoycottStarbucks campaign. By Monday morning, it was the highest trending topic on Twitter.

Still, it's not unusual for a brand to take a political stand on a controversial issue.

"I think that every organization has to look at its core values and take a position aligned to its core values," Griffith said.

Such expressions of opposition to Trump's orders have yielded a financial boon for the ACLU, whose attorneys fanned out to airports around the country over the weekend to help the hundreds of people detained by the immigration ban.

In one weekend, it raised more than $24 million in online contributions. CNN reported that the group usually raises about $4 million in a year.

The U.S. is "a nation of immigrants" that historically has welcomed refugees to its shores, ACLU Executive Director Anthony Romero noted on CNN's "Fareed Zakaria GPS."

"Refugees in particular are among the most vulnerable individuals, and the idea that we would try to shut them out because of the fear-mongering, the xenophobia that President Trump has now engaged in, we find very troubling," he said.

Ride-sharing company Lyft announced Sunday it was donating $1 million over the next four years to the ACLU, while Microsoft and the workplace software app Slack are promising to match donations to the organization.

Nike CEO Mark Parker didn't pledge a donation to any advocacy group, but issued a statement to the company's employees to assure them that Nike "celebrates the power of diversity" and opposes the Trump orders.

"And I know we're all asking what this means for our future, for our friends, our families and our broader community," Parker wrote.

> *"What we have been doing is highlighting the fact that refugees have a lot to contribute to the country, and they have a lot of value."*
>
> Manal Kahi

Likewise, Ford Motor Co. Executive Chairman Bill Ford Jr. and CEO Mark Fields said in a statement to employees that the company opposes what it calls a new U.S. travel ban.

"We do not support this policy or any other that goes against our values as a company," they wrote.

Tech giants in Silicon Valley are joining the charge, too, donating cash and vowing shelter for refugees, CNBC reported.

Google co-founder Sergey Brin joined protesters at San Francisco International Airport Saturday. Google also created a $4 million fund to help employees and others affected by the policy.

Airbnb's CEO said the home-sharing service would provide free housing to refugees and anyone outside their home country who is denied entry to the U.S.

In announcing Starbucks' plans to hire 10,000 refugees in 75 countries where the coffee giant does business, CEO Howard Schultz wrote in a letter to employees that the Seattle-based company will neither "stand by, nor stand silent" in the face of Trump's actions.

"We are living in an unprecedented time, one in which we are witness to the conscience of our country, and the promise of the American Dream, being called into question," Schultz wrote. In the U.S., the focus of hiring efforts will be on those immigrants who aided the U.S. military as interpreters or other support staff, he said.

Local businesses are also joining in.

Philadelphia-based bakery The Baker's Jar promised to donate 25 percent of its proceeds Sunday to the ACLU, and a startup app, NeedsList, is looking to connect refugee communities to the help they need.

In New York City, a delivery company that employs only refugee chefs says it's going to keep doing what it does.

Manal Kahi, CEO and cofounder of Offbeat, told Metro that the six chefs it employs from Syria, Eritrea, Nepal and Guinea planned to discuss any further action they might take. For now, they'll continue serving dishes of their home countries.

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Colleges fear long-term effects of Trump's immigration orders

Officials say the executive order may damage academic institutions when "the best and brightest start seeing that this is not a place that is welcoming."

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It didn't take long after President Donald Trump announced a temporary ban on certain immigrants that universities across the country began speaking out.

In a letter titled "We Are All Harvard," university President Drew Faust announced that the school was now looking to hire its first Muslim chaplain to provide guidance and support to students. "Thousands of students and scholars and visitors come to Harvard each year from all over the globe," she wrote.

Officials from colleges nationwide also responded to the ban, which restricts refugees and citizens from several predominantly Muslim countries from entering the U.S.

New York University President Andrew Hamilton shared his own immigrant story and assured the campus that the school will support "NYU colleagues and peers affected by this order."

Temple University President Richard M. Englert said that the school "prides itself on being a community of diverse scholars," and pointed students who had questions to the office of International Student and Scholar Services.

But as college officials begin to determine how they can best help students and faculty members who may be affected by the president's executive order, some are growing increasingly worried about its long-term impact on higher education in the U.S.

"Our intellectual enterprise has been built on the basic notion of this national ethos, this American idea of openness," said Adil Najam, dean of Boston University's Frederick S. Pardee School of Global Studies.

"When the best and brightest start seeing that this is not a place that is welcoming, that on a whim a whole country will be written off, then they start thinking of alternatives."

After Trump signed the order Friday, stories of college students and faculty members who had been affected quickly gained attention.

MIT students rally at Boston's Copley Square on Saturday, standing in solidarity with international classmates. DEREK KOUYOUMJIAN

Two Iranian UMass Dartmouth professors were detained at Logan Airport and an MIT student who went back to Tehran to see her parents was stopped from boarding a flight to the U.S. When a City University of New York doctoral student was denied from re-entering the U.S., it sparked rallies.

"What we have to look at is the meta message being sent here, and the meta message is that foreigners aren't welcome," said Lizbet Boroughs, an official with the American Association of Universities. "That could put higher education at a distinct disadvantage, when we have countries saying, 'We are more than happy to take whoever the U.S. doesn't want to admit.'"

The American Association of Universities released a statement following the ban that urges the Trump administration to make clear that the U.S. is open to those wishing to study, teach and research here.

That international community is "vital to our economy," the statement read.

Out of 350 Americans to have received a Nobel prize in research, more than 100 have been immigrants, Adil Najam of Boston University said.

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Priya Gandhi took a personal day from her job as a corporate insurance lawyer to help the immigrants and detainees. AMANDA MIKELBERG

Activist lawyers at JFK: A nonstop fight

A table overflows with donations in coffee as attorneys counsel spurned visitors.

AMANDA MIKELBERG
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"Lawyers check in here," instructs a paper sign hanging on the edge of a café table. "Translators," "habeas petitions" and many signs with the slogan #NoBanJFK flag the improvised legal triage at JFK International Airport's Terminal 4 arrivals area.

Monday morning, a fresh group of 35 or so volunteer attorneys opened their laptops in an enclosed area at Central Diner, relieving a haggard crew who had been fighting for the release of detained immigrants and refugees throughout the night.

These are the lawyers — facilitated by the American Civil Liberties Union — who helped get a federal judge in New York on Saturday to grant a stay order on President Donald Trump's three-month ban on foreign nationals from Syria, Iran, Iraq, Sudan, Libya, Yemen and Somalia. Since Saturday, two people had been deported before the stay and 44 were released after it. By 10 a.m. Monday, there was only one person still being held; but soon another plane delivered more forbidden people.

"I came here because Saturday I was dumbfounded for what was happening. I couldn't believe what I was seeing," corporate insurance attorney Priya Gandhi, 31, told Metro. As a daughter of Indian immigrants, she felt particularly compelled to help.

"It reminds me of the Civil Rights movement, when lawyers were assembling," Gandhi said. "The legal industry is very competitive, and you have people usually going into courtrooms and arguing with each other, to see them all working side by side, making a difference. It's a beautiful thing to see."

The lawyers had started on Saturday by approaching distraught families of refugees waiting for their loved ones. Green card holders, arriving alone and expecting to casually slip off in a cab, were approaching the lawyers' tables looking for recourse after traumatic interrogations. Their interactions with customs officials were "minimal at best." In many cases, all the attorneys can do is provide emotional support and phone numbers for other resources.

"It was an Orwellian nightmare," said Mark Hanna, 28, who first joined his law school friends in the effort to assist at JFK on Saturday. "It's stuff you would see on '24.' There was someone with a green card who was released yesterday: He was interrogated for hours and hours, they went through his computer, his files, they were freaking out because he had a Koran book on tape. This guy came out in tears dragging his stuff behind him."

After only three days since the start of the immigration predicament, the legal operation, comprised of mostly solo pro-bono attorneys, was a "well-oiled machine," Gandhi said. Early on, the New York Immigration Coalition had stepped in to help organize and maintain a functional operation.

"Everyone here has taken on a specific role," she said, adding that with a few texts and Facebook posts she had drawn in a stable of Arabic and Farsi speaking attorneys as translators.

Hanna was on habeas corpus duty (petitions pertaining to unlawful imprisonment), because he was one of a handful of lawyers licensed by the Eastern District of New York where JFK is located.

Gandhi said this experience in human rights might lead her in a new professional direction.

"It's one of those facets of the law where you can really make a difference in people's lives," Gandhi said.

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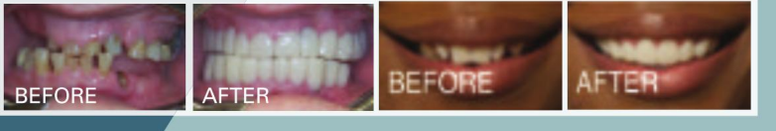

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Health care protest in New York City

Medical students, deans, and faculty from New York City stage a Die-In protest to protest the consequences of repealing the ACA on Monday outside the News Corp headquarters in New York. GETTY IMAGES

Trump fires top government lawyer for defiance on immigration order

The White House said on Twitter that Dana Boente, U.S. Attorney for the Eastern District of Virginia, would replace Yates, an appointee of former Democratic President Barack Obama, as acting U.S. attorney general.

President Donald Trump fired the federal government's top lawyer Sally Yates on Monday after she took the extraordinarily rare step of defying the White House and saying the Justice Department would not defend his new travel restrictions targeting seven Muslim-majority nations.

Yates on Monday told Justice Department lawyers in a letter that they would not defend in court Trump's directive that put a 120-day hold on allowing refugees into the country, an indefinite ban on refugees from Syria and a 90-day bar on citizens from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen.

Yates said she did not believe defending the order would be "consistent with this institution's solemn obligation to always seek justice and stand for what is right."

Trump has argued tougher vetting of immigrants is needed to protect America from terror attacks but critics complain that his order unfairly singles out Muslims and defiles America's historic reputation as a welcoming place for immigrants.

Yates was days away from being replaced by Trump's pick for the top spot at the Justice Department, Republican Sen. Jeff Sessions, who is awaiting Senate confirmation.

The White House dismissed her comments as rhetoric and said Trump acted within his presidential powers.

"I think that's a further demonstration of how politicized our legal system has become," said Stephen Miller, a policy adviser to Trump, in an interview on MSNBC.

There have been only a handful of instances in U.S. history of top Justice Department officials publicly breaking with the White House. The most famous example was in 1973, when then-Attorney General Elliot Richardson resigned rather than obey President Richard Nixon's order to fire a special prosecutor investigating the Watergate scandal. REUTERS

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					2 people	$32,194 - $43,500
					3 people	$32,194 - $48,960
	2 bedroom	$1,065	9	➡	2 people	$38,503 - $43,500
					3 people	$38,503 - $48,960
					4 people	$38,503 - $54,360
					5 people	$38,503 - $58,740
	4 bedroom	$1,371	4	➡	4 people	$49,680 - $54,360
					5 people	$49,680 - $58,740
					6 people	$49,680 - $63,060
					7 people	$49,680 - $67,440
					8 people	$49,680 - $71,760
					9 people	$49,680 - $76,104

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to **nyc.gov/housingconnect**. To request an application **by mail, send a self-addressed envelope to: Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than March 31, 2017 late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 31 de marzo 2017

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 3 月 31 日

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 31 март 2017

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017 년 3 월 31 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat mas 31, 2017

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل31 ارس، 2017

Mayor Bill de Blasio • HPD Commissioner Vicki Been

Medical students, faculty rally to try to save Obamacare

Hundreds of medical students and faculty members gathered at Northwestern University's school of medicine in Chicago on Monday to voice their opposition to the dismantling of Obamacare.

The demonstration was part of a larger White Coats for Coverage effort organized by medical students across the country and came a day before the annual deadline to enroll in the Affordable Care Act (ACA), former President Barack Obama's health care law.

"The ACA is not perfect, but pulling the rug out from under the feet of our most vulnerable patients is not the answer," Dr. Bruce Henshaw, a faculty member at Northwestern's Feinberg School of Medicine, told the group of around 600 people.

Protest to oppose repeal of the Affordable Care Act GETTY IMAGES

"We will not stand idly by as our patients lose their rights. We will not stop today. We will write and call our representatives to ensure this doesn't happen."

Students organized the event. Northwestern University spokeswoman Marla Paul said the school had no official position on the issue.

Photos on social media showed students rallying at numerous universities and cities.

"Proud to join my Yale colleagues to collectively say #protectourpatients. Improve the ACA, DON'T repeal it," Ryan Murphy, who shared photos of a rally at Yale University, said on Twitter.

Republican President Donald Trump's first executive order, signed hours after taking office, directed the federal government to scale back regulations, taxes and penalties under the ACA.

REUTERS

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Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

Many Insurance Plans Participate:
Most Out-Of-Network Insurance Plans
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**EZ payment plans and financing also available*

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 227 KNEE

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-227-KNEE (5633)

Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

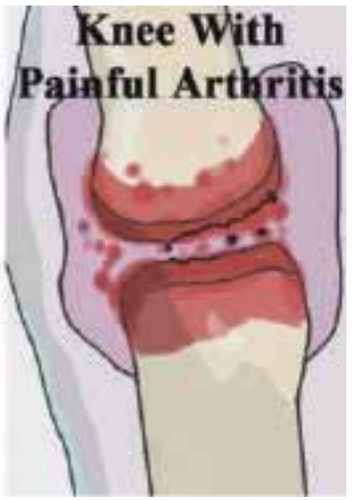
The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

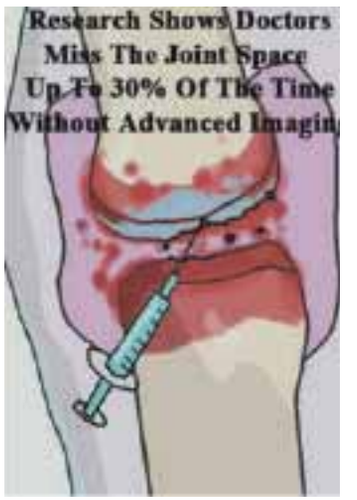
Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - The red is a knee joint with painful osteoarthritis. With progressive "drying out", arthritis causes the joint space to decrease and an array of symptoms which may include grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Treatment (blue) being applied directly into the knee joint using Precision Arthritis Targeting Technology. Advanced imaging allows treatments to be as precise as possible. Viscosupplementation can lubricate the joint and decrease pain.



Failed Treatment - the medicine misses the joint space. Research shows this occurs up to 30% of the time without the use of Precision Arthritis Targeting Technology to guide the injection. This is why prior treatment may not have worked for you.

Top government lawyer defies Trump

Acting AG Sally Yates told Justice Department lawyers that she did not believe defending the order would be "consistent with this institution's solemn obligation to always seek justice and stand for what is right."

The federal government's top lawyer made an extraordinarily rare move to defy President Donald Trump on Monday by saying the Justice Department would not defend new travel restrictions targeting seven Muslim-majority nations because she was not convinced they were lawful.

Trump's directive on Friday put a 120-day hold on allowing refugees into the country, an indefinite ban on refugees from Syria and a 90-day bar on citizens from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen.

He has argued tougher vetting of immigrants is needed to protect America from terror attacks but critics complain that his order unfairly singles out Muslims and defiles America's historic reputation as a welcoming place for immigrants.

Yates, who was appointed by former Democratic President Barack Obama, is days away from being replaced by Trump's pick for the top spot at the Justice Department, Republican Sen. Jeff Sessions, who is awaiting Senate confirmation.

Sally Yates GETTY IMAGES

The White House dismissed her comments as rhetoric and said Trump acted within his presidential powers.

"I think that's a further demonstration of how politicized our legal system has become," said Stephen Miller, a policy adviser to Trump, in an interview on MSNBC.

U.S. stocks suffered their biggest drop of 2017 on Monday as investors took the curb on immigration as a reminder that not all the new president's policies would be market-friendly.

Chaos broke out over the weekend as border and customs officials struggled to put the order into practice amid loud protests at major U.S. airports. Federal judges blocked deportation of those detained under the order.

An internal Department of Homeland Security document seen by Reuters showed 348 visa holders were kept from boarding U.S.-bound flights this week, and more than 200 people came to the United States but were denied entry.

More than 735 people were pulled aside for questioning by U.S. Customs and Border Protection officers in airports, including 394 green card holders, who are legal permanent residents of the United States, the document said.

> *"I think that's a further demonstration of how politicized our legal system has become."*
>
> Stephen Miller

Trump's order was developed hastily and was not extensively reviewed by the agencies which are now grappling with implementing it. Trump's administration is granting waivers from the refugee ban to allow 872 people into the country this week — refugees that had already been cleared for resettlement in the United States and were in transit when the order came out.

Washington state will be the first to take on the executive order, announcing an effort to sue in federal court.

"It is an insult and a danger to all of the people of the state of Washington, of all faiths," Gov. Jay Inslee, a Democrat, told reporters.

Washington state Attorney General Bob Ferguson said the lawsuit would include constitutional claims, including allegations that Trump's order violates the equal protection clause and the First Amendment. REUTERS

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- The Court certified an amended class of plaintiffs for monetary and other individual relief, such as restoration of in-system seniority (the "Class").
- You have a choice to either stay in the Class or not, but **you must decide this now.**
  - Option 1: You may choose to remain in the class and be represented by Class Counsel. You will be entitled to share in any settlement or recovery on behalf of the Class. You will be legally bound by all orders and judgments of the Court and will not be able to file a separate lawsuit for the same conduct alleged in this case.
  - Option 2: You can remain in the Class and hire your own counsel at your expense. At this time you are represented by the Class Counsel.
  - Option 3: You may ask to be excluded from the Class, in which case you will not be entitled to share in any settlement or recovery obtained on behalf of the Class, but you will have the right to file your own suit for monetary relief.
- To exclude yourself from the Class you must send a letter postmarked no later than April 30, 2017, with your (i) name, (ii) address, (iii) telephone number, (iv) signature, and (v) say you want to be excluded from *Gulino v. BOE*. Send the letter to Gulino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000.
- If you choose to remain in the Class, **you must submit a claim form in order to be eligible for monetary and other individual relief.**
- To get a claim form or if you have questions about this case, you may contact The Garden City Group, Inc. at no charge to you:
  - Call: (844) 322-8233;
  - E-mail: questions@gulinolitigation.com;
  - Write: Gulino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000; or
  - Website: www.gulinolitigation.com

PLEASE DO NOT CONTACT THE COURT OR THE CLERK'S OFFICE TO OBTAIN ANY INFORMATION OR ADVICE.

US Senate advances nomination of Tillerson as secretary of state

The U.S. Senate advanced the nomination of Rex Tillerson to be President Donald Trump's secretary of state, moving closer to filling a key seat on the Republican's national security team despite partisan rancor over Trump's immigration order.

The vote was 56 to 43 to move toward a final confirmation vote after up to 30 hours' debate, putting a final vote very early on Wednesday, if senators do not agree to change the time.

The vote broke largely along party lines. Every Republican favored advancing the nomination and all but four members of the Democratic caucus voted against it.

The Senate's Democratic leader, Chuck Schumer, and several other members of the party tried, but failed, to delay considering Tillerson because of Trump's executive order banning immigration from seven mostly Muslim countries and temporarily halting the entry of refugees.

They said they wanted to question Tillerson more closely on his views on Muslim immigration. During his confirmation hearing, the former oil executive said he did not support a "blanket-type rejection" of any group of people.

Democrats said that statement seemed to contradict Trump's order.

Trump and his supporters, including many Republicans, said his order is necessary to keep Americans safe and is not intended to ban Muslims, despite addressing only Muslim-majority nations whose citizens have not been involved in attacks on the United States.

Rex Tillerson GETTY IMAGES

They said it was important to fill important slots on Trump's national security team quickly.

"As we proceed in ensuring the new administration has the leaders it needs to implement our nation's foreign policy going forward, I have great confidence Rex Tillerson will serve the United States well," Sen. Bob Corker, the Republican chairman of the Senate Foreign Relations Committee, said. REUTERS

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Boy Scouts of America to begin accepting transgender boys

The Boy Scouts of America said on Monday the group would begin accepting transgender boys, bucking its more than a century-old practice of using the gender stated on a birth certificate to determine eligibility.

"Starting today, we will accept and register youth in the Cub and Boy Scout programs based on the gender identity indicated on the application," Boy Scouts of America communications director Effie Delimarkos said in an emailed statement.

Delimarkos' cited shifting definitions of gender under state laws, which can "vary widely from state to state," in explaining the change.

Delimarkos said while the organization offers programs for all youths, its Cub and Boy Scout programs are specifically for boys. The change will allow children to apply even if male is not listed on their birth certificate.

In 2013, the Boy Scouts voted to lift a ban on openly gay scouts that had been in place throughout the organization's history. Two years later, the organization lifted its blanket ban on gay adult leaders after its president called the ban unsustainable. REUTERS

Boy Scouts march during the 2015 San Francisco Pride Parade on June 28, 2015, in San Francisco, California. GETTY IMAGES

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Document: Trump administration to allow 872 refugees into US this week

The U.S. government has granted waivers to let 872 refugees into the country this week, despite President Donald Trump's executive order on Friday temporarily banning entry of refugees from any country, according to an internal Department of Homeland Security document seen by Reuters.

A Homeland Security official, speaking on condition of anonymity, confirmed the waivers, noting that the refugees were considered "in transit" and had already been cleared for resettlement before the ban took effect.

Refugees preparing for resettlement typically have severed personal ties and relinquished their possessions, leaving them particularly vulnerable if their plans to depart are suddenly canceled.

The waivers, granted by the State Department and the Department of Homeland Security (DHS), came amid international protests against Trump's rushed executive order. Critics said the order in some cases was not clearly communicated to the agencies responsible for implementing it.

It was not known if additional waivers would be granted, the official said. The document did not give the nationalities of the refugees who will be admitted into the United States.

Over the weekend, non-refugee visitors from seven majority-Muslim countries also targeted in Trump's executive order were detained, deported and in some cases blocked from boarding flights to the United States.

The countries covered by the traveler ban were Iran, Iraq, Syria, Sudan, Somalia, Libya and Yemen.

Congressional Democrats and some foreign countries, including key U.S. allies, put pressure on Trump on Monday over the executive order. GETTY IMAGES

The internal DHS document said that between late Friday and early Monday 348 visa holders were prevented from boarding U.S.-bound flights. In addition, more than 200 people landed in the United States but were denied entry, the document showed.

More than 735 people were pulled aside for questioning by U.S. Customs and Border Protection officers in airports, including 394 legal permanent U.S. residents holding green cards, over the same time period.

Trump said the executive order he signed on Friday was designed to protect the United States "from foreign terrorist entry."

The order stopped all refugee admissions for 120 days while government officials determine how to ensure that any refugees admitted do not pose a threat.

The 872 refugees to be admitted this week, under the waivers, were screened using Obama administration procedures, which typically take two years and include several interviews and a background check.

The DHS said on Sunday night that green card holders would be allowed to board U.S.-bound flights, but would be subjected to additional scrutiny upon arrival.

The public guidance from DHS also said some people from the seven majority-Muslim countries could be allowed entry to the United States on a case-by-case basis.

Congressional Democrats and some foreign countries, including key U.S. allies, put pressure on Trump on Monday over the executive order.

REUTERS

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Main Lobby
Dion Harrigan
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Friday, February 3
11 am – 2 pm
Mount Sinai Brooklyn
3201 Kings Highway
MSB Upper Lobby
Mary Jane Ventura
718-951-2916

Friday, February 3
11 am – 2 pm
Mount Sinai Beth Israel
at Phillips Ambulatory
Care Center (PACC)
10 Union Square East
2nd Floor, Atrium
Lena Chang
212-420-4746

Friday, February 3
11 am – 2 pm
Mount Sinai St. Luke's
1111 Amsterdam Avenue
Babcock Building Main
Lobby
Joan Joseph
212-523-2023

Friday, February 3
11 am – 2 pm
Mount Sinai West
1000 Tenth Avenue
at West 58th Street
Main Lobby
Wendy O'Brien
646-745-5725

Friday, February 3
5 pm
Mount Sinai Queens
25-20 30th Avenue
5th Floor
Ana Rodriguez
718-808-7726

Three new breeds to compete at Westminster dog show

The sloughi is a North African breed of dog, specifically a member of the sighthound family. It is found mainly in Morocco, which is responsible for the standard, and may be found in smaller numbers elsewhere in North Africa.

The American hairless terrier is a rare breed of dog that was derived as a variant of rat terrier. An intelligent, social and energetic working breed, the American hairless terrier is often listed as a potential good breed choice for allergy sufferers.

The pumi, also known as the Hungarian herding terrier, is a medium-small breed of sheepdog from Hungary. In spite of the fact that some refer to the pumi as the "Hungarian herding terrier," there is no terrier blood in the breed; it only means that the pumi has some terrier-like attributes.

GRAPHIC BY BILLY BECERA

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the word

Is Evan Rachel Wood engaged?

Evan Rachel Wood stepped out at the SAG Awards in a velvet tux that was classy AF and … a new beau?

According to Perez Hilton, his name is Zach Villa, and despite the matching wedding bands, the two are just engaged — for now.

Neither Wood or Villa mentioned their engagement, but they met while performing together at a John Hughes-themed cabaret in 2015. They later launched a two-person band, Rebel and a Basketcase.

It's just really convenient, because like, Wood's ex-husband, Jamie Bell, is recently engaged, too. Hmm.

Congrats to all of the lovely couples involved!

RACHAEL CLEMMONS

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

WARNER BROS.

First look: 'Ocean's 8' all-female cast rides the subway

Looks like the "Ocean's" franchise is staying afloat. We got a sneak peek at "Ocean's 8," an all-female "Ocean's Eleven" spinoff out this summer, when Warner Bros. released this photo of the cast riding the subway.

Sandra Bullock leads the pack as Debbie Ocean, the rumored sister to George Clooney's Danny Ocean. Mindy Kaling, Rihanna, Cate Blanchett, Sarah Paulson, Anne Hathaway and more make up the slick gang of robbers.

Because this is an "Ocean's" flick, it will center around a blowout heist, this time taking place at the Met Gala. Vogue's Anna Wintour will make an appearance, as will Kim Kardashian West and sisters Kylie and Kendall.

The film won't be without a male cameo from the original trilogy: Matt Damon is set to appear as his "Ocean's Eleven" character Linus Caldwell.

KATE MOONEY

Meet Gina Rodriguez's new boyfriend

The 32-year-old "Jane the Virgin" star brought out her main man to this weekend's SAG awards, and they were cute. Of course, we need to know everything about him. Here goes:

1. His name is Joe LoCicero. Clearly not horrible to look at. He's an actor, model and owner of a very strong jawline. I'm talking Prince Eric from "The Little Mermaid" strong, OK?

2. They met on the set of "Jane the Virgin." He played a stripper dressed up as Don Quixote, and I've literally never heard of anything more romantic.

3. And they're like, really, really in love. "Our first Christmas together and your love has been the greatest gift," wrote Rodriguez in an adorable IG post. I mean, come on. RC

Azealia Banks is on a roll

Azealia Banks — a singer who spends more of her time trolling people on social media than she does putting out actual music — got into a bit of a tiff with singer/songwriter/professional kween Rihanna over Instagram, and it got really ugly. It all started when Rihanna took to Twitter to bash President Trump's executive order travel ban, calling the news devastating.

Banks wasn't having it. According to People, she came for Rihanna in a series of Instagram posts that have now conveniently been deleted, and suggested that Rihanna and other celebrities speaking out against the president should shut up and sit down. OK, girl.

Rihanna came back with the quickness, posting an Instagram post alluding to the fact that the "212" rapper practices witchcraft and sacrifices chickens. Yes, chickens.

From there, it got increasingly maddening, with Banks accusing Rihanna of um, growing up and playing soccer in a dirt yard with a coconut? Which seems really, really unnecessarily detailed. At the end of the day, Rihanna is still going to be famous, and Banks is still going to be less famous.

So let's just move on, shall we? RC

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Greetings from Bollywood

The Indian megastar shows Hollywood her moves in "xXx: Return of Xander Cage."

LUCIA HERNANDEZ
@MetroNewYork
letters@metro.us

Back home in India, Deepika Padukone is a major movie star. One of the highest paid actresses in the world, Padukone — of hits like "Om Shanti Om," "Yeh Jawaani Hai Deewani" and "Chennai Express" — was bound to swing by Hollywood at some point. And so she has. In "xXx: Return of Xander Cage," Padukone plays Serena, a member of an anarchist team sought by Vin Diesel's not-dead-after-all Xander. Like Asia Argento in the first "xXx," Serena is no mere pretty face; she brings it as good as our hero. That means plenty of chances for Padukone to show her stuff.

GETTY IMAGES

Bollywood star Deepika Padukone plays a badass anarchist in "xXx: Return of Xander Cage."
PARAMOUNT PICTURES

It's worth noting that Serena is never a damsel in distress. She's as tough as Xander. And she is different from some of the characters you've played.

I think all women can be everything at once. I do not think that a woman should only be one thing. A woman can be strong but also vulnerable. She can be tender, sexy and at the same time delicate and fragile. I do not believe in putting people in boxes and thinking that we can only be one way. I think every one of us has so much more in our lives and personalities. So maybe I do act like this in the movie, but even the character shows different facets at certain times.

What do you like about Serena the most?

Her mind. I think the fact that she is so strong and independent. She knows what she's fighting for. But she's also funny and she's a girl, too. She's vulnerable and emotional. I think those are the things that I identified with the most.

This is your first big Hollywood film. Coming from Bollywood, that must have seemed like a different way of working.

That was the exciting part. That it was my job to go to work in a completely new industry, in a new environment, I took it as a challenge. At the end of the day, for me the important thing is to be part of great films as well as having the ability to interpret exciting and interesting characters. It's fun and healthy, leaving behind the work from home and start from scratch.

Crossing over

Was it always your plan to come to Hollywood?

I do not see my career as a game of chess. I do not think there are strategic moves. I think it's about following your heart and your instincts and everything else will follow accordingly. I think that as long as you do what you do with the right intentions and enjoy your work while you do it, the rest will settle on its own.

One perk of doing an action film is it keeps you in shape.

I think the most important thing is that I do not see staying in shape as a burden. For me exercise is part of my lifestyle. When I exercise or do something that involves some kind of physical exertion, I feel good. I feel refreshed and stronger. I think it's important to stay healthy.

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Should entertainers get political?

The risks and rewards of taking a stand.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Mahershala Ali, Julia Louis-Dreyfus and David Harbour were among the celebrities who made political statements at the 2017 SAG Awards. GETTY IMAGES

Since the inauguration of President Donald Trump, celebrities have stepped up the activism. At Sunday night's SAG Awards, winners took the opportunity to renounce his recent immigration ban.

For some fans, seeing their favorite high-profile celebrities make such public political displays is empowering, but on the flip side, Hollywood has been called out for having an elitist attitude and alienating fans with opposing views.

Billy Mann, founder and chairman of Manncom, a talent-management company that represents artists like Natasha Bedingfield, says mainstream culture is emerging from an era where entertainers left politics at home.

"As the political climate is increasingly volatile, and as we are increasingly divided, this is really where artists have the opportunity to do their best work," he says.

Mann can personally relate to taking a political stance through music, co-writing "Dear Mr. President" with Pink in 2006. The song addressed to former President George W. Bush touched on topics like war, gay rights and education.

"There was a lot of controversy and push-back, and radio stations here were reluctant to play it," says the two-time Grammy nominee. "But it did really well internationally. The internet creates a whole new access point for artists to reach people."

No one can deny the power of the internet and how it's changed the consumption of media across the board. Just as Trump uses Twitter to rally his supporters, entertainers share the same direct line to their own fans — sans corporate control.

But how about when big money is involved? If an actor gets political and loses the support of viewers with differing opinions, does that make them less appealing for projects?

Sharon Hall, president of Endemol Shine Studios, thinks it's too early to say: "I haven't been in production during the Trump era, so this is something that probably will be playing out over the next couple of months," she says. "But art is there to reverberate themes that are in society, so I don't think it's any surprise that people in the arts are politically minded one way or another."

Hall, who headed development for the hit show "Breaking Bad," also says that in today's entertainment landscape, because viewing habits are increasingly niche and customizable, political differences between performers and fans don't matter as much as they used to.

"We're not necessarily writing for one group of people," she says.

So what about boycotts like the one Piers Morgan launched against Ewan McGregor? Losing a large chunk of an audience must be unappealing to investors in a film or TV project, right?

According to Hall, not necessarily:

"I don't know how effective a call for a boycott is actually going to be. It may disqualify any extreme right-wing supporters from watching McGregor's work, but it may also encourage people from the radical left to rally behind him."

Entertainment attorney Steven Beer believes entertainers need to do what they believe in, as authenticity is what counts most: "This is a time when fans want to know where you stand and they want to understand what their artists, whether it's a musician or an actor, what they believe in — whether or not they're spiritually aligned. Audiences support authenticity."

How do you feel about your favorite entertainers taking a stance? Tell us at **metro.us**

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In a different world, Isaac Mizrahi's career could've looked a lot more like Kanye West's. GETTY IMAGES

Isaac Mizrahi does cabaret

The designer says his new show, "Does This Song Make Me Look Fat?" is his calling.

EVA KIS
@thisiskis
eva.kis@metro.us

Isaac Mizrahi's first love wasn't fashion — it was singing.

The Brooklyn-born designer of everything from red carpet couture to Target's most coveted collaboration was already a star in the '70s, just not for his stitching. "I'm just a big ham, ever since I was a kid," says Mizrahi, who at 8 started doing female impersonations in his driveway "for anybody who would listen. I used to sound just like Judy Garland. If the world were a different place, I would've done that, but eventually I would've found clothes — like Kanye!"

Alas, it was a different time, and his parents "didn't exactly encourage me," as he put it. So Mizrahi, 55, set aside cabaret in favor of becoming America's most populist designer beginning with his first fashion line at age 15. Along the way, he dabbled in the entertainment world, most notably when a film crew followed the creation of his New York Fashion Week show for 1995's pre-reality-TV movie "Unzipped" and helping bring up the next generation of designers as host of "Project Runway: All-Stars."

But that impulse to perform never left him, and while he's done cabaret nights around the city before, he's preparing to take over the iconic Cafe Carlyle stage for a series of intimate shows called "Does This Song Make Me Look Fat?" Mizrahi will perform some of his most personally meaningful songs, from jazz standards to musicals, tell stories from his long career and give away random swag he's gotten in gift bags over the years to a few lucky audience members.

Mizrahi sees the 70-minute evening as less of a performance and more like hanging out in his living room at "the most obsessed after-party in the world." It's an act he expects to change up a bit every night, because unlike theater where "you expect to sit like a nice person in the dark, in a cabaret people are drinking, they're eating, they're whooping it up. And so are you."

Surprisingly, Mizrahi cops to feeling serious stage fright — but's it's also why he's doing the show. "My biggest fear is of boredom," he says. "So this is one way I can ensure against it, is to keep doing things that terrify me."

If you go

"Does This Song Make Me Look Fat?"
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Fighting stigma — with style

Isabella Springmuhl has faced her share of obstacles, but the 19-year-old has since become the most recognized fashion designer in Guatemala. Despite being unable to finish her fashion course at a local college and the ongoing Down syndrome discrimination she faces, Springmuhl's work has appeared at the U.K.'s International Fashion Showcase in 2016 and at London Fashion Week.

Her brand, dubbed Down to Xjabelle, is her homage to traditional Guatemalan handcraft. She combines it with colorful and authentic contemporary silhouettes. With two official collections and an online store, Springmuhl aims to promote her fashion point of view worldwide.

Isabella Springmuhl is following her dream. ALL IMAGES PROVIDED

When did you discover your love for fashion?
I discovered it as a little child. My grandmother had an atelier, which made clothes using Guatemalan fabrics, so I think that fashion design is in my veins. My mother told me to read fashion magazines for hours. After that, I started making designs on paper and creating dresses for my dolls. I didn't know how to sew, so I attached them with pins.

When I was in high school, I had to do a "life project." I had to identify what things I had to do in short, medium and long term. Doing that, I discovered that I loved design. I wanted to be a fashion designer and have my own brand.

What's your daily routine like?
After breakfast, I take sewing classes, or I do horse riding. I also take Zumba classes. Everyday I go to my atelier to create pieces. The seamstresses make [my drawings come to life]. In the afternoon, I learn more about fashion design on the internet.

What is your dressmaking process?
I have a mannequin book, where I draw my designs. After that, I color them. Later, in my computer software, I make them 3-D and print them. In the atelier, I give instructions to the seamstresses and embroiderers. With their help, my designs turn into reality.

Where did the name for your label come from?
My brand is called Down to Xjabelle. Down because I have Down syndrome. Xjabelle was the name of my granny's atelier.

What has been the best experience you've had as fashion designer?
Being known for my heart and work. I feel happy for all the love that I receive from so many people worldwide.

LUZ LANCHEROS

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Healthy Super Bowl snacks

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Healthy hacks for game day snacks. ISTOCK PHOTO

Guilt-free game-day eats.

KATE MOONEY
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It could be argued that the best part about watching the Super Bowl — beyond the halftime entertainment, clever ads and (occasional) moments of on-field excitement — is getting to eat and drink whatever you want. Even if you have no allegiance to the Pats or the Falcons, or Lady Gaga, you can always dig into the bevy of greasy eats, from buffalo wings to chili, to chips and guac.

But if you're not ready to surrender your New Year's diet for one afternoon of leatherhead-sponsored indulgence, there are ways to snack as you watch without sacrificing taste or nutrition. Tricia Williams, the executive chef and founder of Food Matters NYC, an organic customized food-delivery service, shares guilt-free recipes that you can use on game day.

Quinoa "Doritos"

This healthy spin on the junk-food wonder of your childhood substitutes a spice mix of garlic powder, onion powder, red pepper powder, green pepper powder, turmeric, a pinch of ancho chili powder and nutritional yeast for the finger-linking "nacho cheese" topping.

The protein-rich quinoa chips are formed from a dough of quinoa flour, salt and water, lightly sauteed in saffron or sunflower oil on high heat and baked at 300 degrees until crispy.

Kimchi popcorn

Kimchi powder, coconut oil and a pinch of sea salt make for a spicy, jazzed-up popcorn that's also good for you. Kimchi is a probiotic, which means it contains immunity-building bacteria that aid in digestion, while coconut oil is a good source of healthy fat and fiber.

FOOD MATTERS NYC

"I find popcorn tossed in coconut oil helps you feel fuller for longer so you don't eat as much," Williams says.

To make the kimchi spice, spread the contents of one small jar of kimchi on a baking sheet and roast at low heat, with the oven door slightly open, for about four hours or until dried out. Then, blend or grind up the dehydrated kimchi until it's powder-fine. (If you don't have the time or patience for this process, Williams recommends subbing in any store-bought vegetable powder, such as spinach or beet.)

Healthier buffalo wings

"Restaurant chicken wings are often coated with white flour and fried in vegetable oil. I like to bake my wings until they are super-crispy and then toss them in our vegetable-based buffalo sauce," says Williams.

Her butter-free buffalo sauce combines diced vegetables including red peppers, carrots, onions with tomato paste, cider vinegar and maple syrup to give it a tang and thickness. The wings are tossed with canola oil and sea salt and then baked at high heat. She pairs it with a "blue cheese" dipping sauce, which blends cashews until they're creamy and adds apple cider and lemon.

Kimchi Popcorn Recipe

Provided by Yancy Gandionco, Food Matters NYC chef

1 small jar kimchi
3 tablespoons coconut oil
1/3 cup organic or heirloom popcorn kernels
Sea salt to taste
Yields: 4 Servings

Preheat oven to its lowest setting. Strain jar of kimchi. Spread kimchi evenly out onto a parchment lined baking sheet. Place in oven with door slightly open. Let dry overnight or until kimchi is completely dried out. Place in blender or spice grinder and pulverize into a powder. Set aside.

In a three-quart pot, heat coconut oil, popcorn kernels and salt over medium heat. Allow kernels to pop. Remove from heat and sprinkle immediately with kimchi powder.

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For the Islanders and the Barclays Center — a match made in heaven it is not. GETTY IMAGES

No clear path for Islanders, Barclays Center as rifts continue to build up

What does the future hold for the seemingly nomadic Isles?

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Sitting on a podium inside the Staples Center, NHL commissioner Gary Bettman spoke.

His words reverberated 2,794.2 miles to the east.

Specifically, at the Barclays Center.

"The owners are committed to the franchise," Bettman told reporters during his State of the NHL address Saturday during the NHL All-Star Weekend. "They're committed to New York and the great fan base that has followed the Islanders. There are some issues about playing in Barclays. It may be fundamental to the system, and that's not something that can be fixed in the short term. I think as is prudent, Scott Malkin and Jon Ledecky are reviewing the situation and looking very seriously at what their options are."

The relationship between Barclays Center and the Islanders has not been the seamless marriage the arena, team and league envisioned when the three entities announced in a 2012 news conference the club and building had agreed upon what then-majority owner Charles Wang called an "iron-clad" 25-year lease.

Fans have complained about sightlines as Barclays has obstructed view seating. The Islanders moved their morning skate from Barclays back to Long Island on game days during the middle of last season. The Islanders finished last season ranked 28th in the league in attendance, and are 28th in attendance this season.

More troubling has been the quality of the ice at Barclays.

Following a game in October, Cal Clutterbuck told reporters the ice at Barclays was "unplayable," which led to longtime NHL reporter Chris Botta to tweet the arena's "floor piping system … does not meet NHL standard requirements for ice making" due to Barclays having "PVC piping. All other NHL rinks have steel pipes. PVC cannot maintain ideal [temperature] of 21 degrees for NHL play."

In December, Rangers winger Rick Nash told the New York Daily News that he thought Barclays' ice "was really soft," and led to his groin injury. "I don't know if that could've been an issue, not to blame anything. But yeah, I took two hard strides and I just felt my groin go out," Nash said.

Both the Islanders and Barclays have opt-out clauses, which has led to speculation that the team could move. Barclays is renovating the Nassau Coliseum and will manage the building when it reopens, but it is believed the Coliseum will only seat 13,000. Belmont Park and Willets Point, Queens, have also been suggested as potential destinations.

NHL Notebook

- Bettman said Carolina Hurricanes owner Peter Karmanos is "more open-minded" to fully selling the team, but noted "there's no formal sale process going on."
- Bettman hinted owners are reluctant to send players to the Olympics due to compressing the "schedule and a whole host of things you have to talk about." Bettman added the International Olympic Committee's unwillingness "to pay the expenses" incurred by having NHL players compete in the Olympics was another hurdle.

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NBA concerned with 'Muslim ban'; players speak out

Hollis-Jefferson GETTY IMAGES

Recent events could seriously impact the foreigner-heavy NBA.

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The NBA opened its 2016-17 season with a record 101 foreign-born players on its rosters.

And in the wake of recent unrest regarding Donald Trump's executive order banning travel to the United States for people from seven countries, the league has gotten understandably nervous.

Two of its stars, Luol Deng of the Lakers and rookie Thon Maker of the Bucks, have ties to one of the seven countries, Sudan. The league also has almost a half dozen former players who were born in the countries included in the ban: Sudan, Somalia, Libya, Yemen, Iraq, Syria and Iran.

The ruling has been stayed by federal judges, but it's unclear whether the legal finding will actually help to settle the unrest.

"The National Basketball Association has contacted the State Department to understand how President Donald Trump's executive order to suspend immigration from seven countries could impact the league's players," NBA spokesman Mike Bass told The Vertical. "The NBA has two active players, including Milwaukee Bucks rookie Thon Maker and Los Angeles Lakers veteran Luol Deng, who have Sudanese roots. The NBA is a global league and we are proud to attract the very best players from around the world."

A bevy of NBA players, former players and executives have spoken out, including Steve Nash, Jeremy Lin, Enes Kanter and Muslim member of the Brooklyn Nets Rondae Hollis-Jefferson.

Hollis-Jefferson grew up near Philadelphia and his brother Rahlil played college basketball at Temple. He emotionally addressed the news media, calling the situation "BS."

"We try to teach people not to point the finger, blame a whole [group]. You can't judge a whole group by one's actions at the end of the day. And I feel like that's not right. That's definitely not right," Hollis-Jefferson said Saturday before they faced the Timberwolves. "You can't speak for all Muslims because all Muslims' hearts aren't like that. Most of them are pure, really believe in a different way and a different livelihood."

"I feel like this should definitely be handled differently, and I feel like more people should definitely speak up and act on it just because it's BS at the end of the day."
Hollis-Jefferson

The forward turned away, fighting off tears before he continued.

"This is kind of hard. My bad. This is kind of touching … just being a part of that community and a part of that family," Hollis-Jefferson said.

"It's clear that if travel bans like this continue, work forces in America's major sports leagues will be effected — in the same manner that Americans from all walks of life have already been effected.

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Pursuant to a Judgment of Foreclosure and Sale entered on December 8, 2016. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 10th day of February, 2017 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Said premises known as 92-55 224th Street, Queens Village, N.Y. 11429. (Block: 10751, Lot: 3). Approximate amount of lien $ 1,153,429.64 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 2567/08.

William Mackey, Jr. Esq., Referee. Fein Such & Crane, LLP Attorney(s) for Plaintiff 28 East Main Street Rochester, N.Y. 14614.

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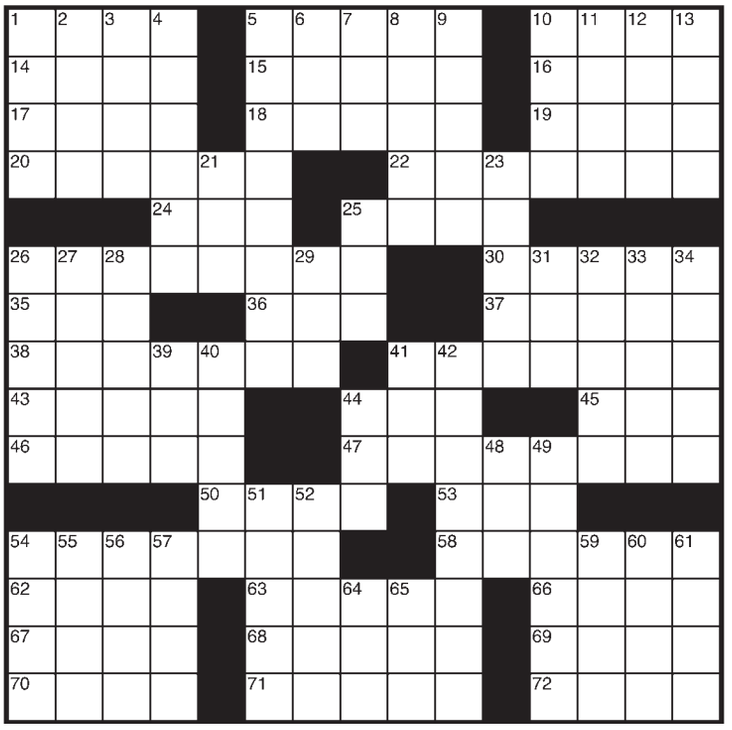

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hard

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		8			3		5	4

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Aries Not everyone will approve of the changes you want to make, but you have to do what's best for you and proceed without hesitation. Actions speak louder than words.

Taurus Let your creativity help you find solutions. Don't dismiss your feelings. Your intuitive awareness will guide you in a direction that will encourage honesty from yourself.

Gemini Stay focused on your end goal. Do your best to get ahead by working hard and being responsible. You can bring about change if you are willing to go the distance.

Cancer Share your thoughts and look for solutions. Sticking to what's realistic and using common sense will make life easier. Self-awareness will lead to enlightenment.

Leo Making travel plans or domestic alterations that will encourage you to spend more time working on personal goals is encouraged. Added discipline will help you.

Virgo Keep your money and possessions locked up. Don't be tempted to gamble or to pay for someone else's mistakes. Don't let someone take advantage of you.

Libra Emotional energy will surface, giving you the drive you need to make things happen. Choose to engage in positive, progressive action and avoid disputes.

Scorpio Get out and have fun. Try something new or engage in activities that will motivate you to try new things. Make a commitment to yourself or someone you love.

Sagittarius It's a good day to stay active. More action and less talk will help you avoid being taken for granted. Don't limit what you can do. Do what's best for yourself.

Capricorn Rely on past experience to help you make wise choices. Don't get swept into someone else's plans when you have good ideas that should be implemented.

Aquarius You can create a safe zone if you distance yourself from users and abusers. Focus on taking care of your needs and the needs of those you love.

Pisces Emotions can be helpful if you speak from the heart and let your true feelings and intentions be known. It's hidden matters and secrets that will get in your way. EUGENIA LAST

Yesterday's answers

A	C	H	E		M	E	L	E	E		E	K	E	D
R	E	E	D		U	C	O	N	N		A	E	R	O
F	L	A	S	H	F	L	O	O	D		R	P	M	S
S	T	D		I	F	A		S	P	A	R	T	A	
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G	I	G	I		S	C	O	T		I	N	D	U	S
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A	D	E	S		S	A	G	E	S		F	L	O	W

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